

1530 Poplar Dr. Medford, OR 97504



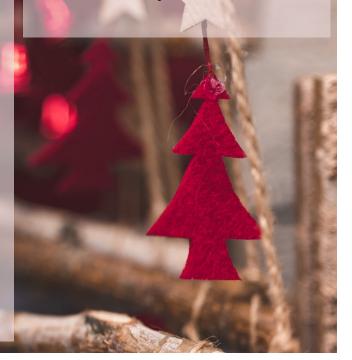
Administrative Team:

Executive Director: Diana Rushing Community Relations Dir.: Kelly Carey Wellness Director: Chelsea Terrill Wellness Director: Sheila Vadney Wellness Nurse: Jenn Daughtery **Business Office Dir.: Jennifer Tessen Dining Services Dir.: Margaret Tepovac** Maintenance Director: Kim Williams Life Enrichment Director: Dawn Rand

Connect: 541-770-9080 info-medford@farmingtonsquare.com www.farmingtonsquare-medford.com

Our mission is to create and sustain comfortable, caring environments for those who depend on us.

Stamp



The Farmington Times



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Stay Healthy this 2020 Flu Season

It's that time of year! The air has a chill that gets us excited about warm drinks, cozy sweaters, and the holidays.

Unfortunately, flu is also making its rounds — and will likely do so through February. Flu prevention is important every year, but especially this year when Covid-19 is also a health risk. Flu prevention efforts will also aid in preventing the contraction of Covid-19.

People of all ages and walks of life can catch flu, but seniors over 65 are among those at particular risk for flu-related complications. The good news is there are various actions—from hand-hygiene to vaccination— that may be taken to prevent the flu.

The Best Defense

Seasonal flu shots are designed to protect against the 3 or 4 influenza viruses likely to be most prevalent this season. While shot effectiveness varies by season and by different levels of health of those who receive them, it is the best line of defense for flu prevention.

Studies have shown that those who contract flu despite receiving a flu shot have less severe illnesses than those who did not get vaccinated. It is helpful to get the shot annually, and to know it takes two weeks to become fully effective. Those who wish to get a flu shot should consult their medical professional(s) and disclose allergies to them.

Is it flu, a cold, or coronavirus?

All share symptoms of fever, chills, body aches, and cough. In all cases, make efforts to stay home, wear a mask, and wash hands. It is recommended you contact your doctor about your symptoms.



The best line of defense in flu prevention is getting a yearly flu shot.

- Flu is fast-coming and usually brings fever, chills, cough, body aches, headaches, and tiredness. Flu only sometimes includes sneezing, sore throat, or stuffy nose. Flu can be tested for, and antiviral drugs exist for it.
- A cold, on the other hand, brings gradual effects, including a runny or stuffy nose, chest discomfort, a cough, sore throat, sneezing, and sometimes fatigue and aches. Colds do not often bring chills, fever, or headaches. Coronavirus is harder to pinpoint due to its wide range of symptoms. It rarely is accompanied by runny or stuffy nose or sneezing. It often is accompanied by a loss of taste or smell. Doctors can test for Coronavirus.

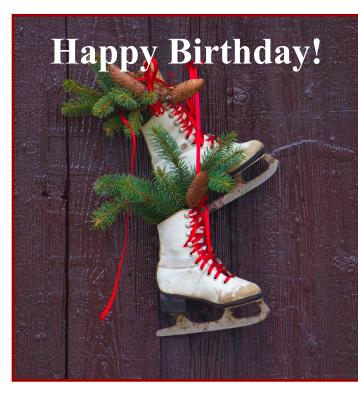
Flu prevention is important every year, but especially this one! Take care of your health by eating well, staying hydrated, practicing good hand-hygiene, and getting a flu shot. Spend more time enjoying this season and less time searching for the box of tissues.

Stop the Flu Before it Starts! Best practices:

- Get an annual flu shot
- Avoid close contact with those who are sick
- Wear a mask when out in public
- Cover mouth and nose with a tissue when coughing or sneezing
- Wash hands with soap and warm water for 15 to 20 seconds, several times a day
- Sanitize hands if water is not available
- Avoid contact with eyes, nose, and mouth
- Follow a healthy diet and staying hydrated
- Exercise regularly
- Get regular checkups by your doctor

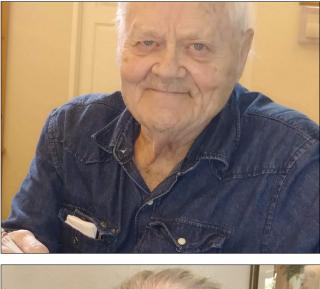








Special Moments





Margaret T: Dec. 1 Jenn D: Dec. 6 Sheila V: Dec. 10 Angela M: Dec. 17 Mary Sue P: Dec. 18 Judy L: Dec. 18 Marilyn S: Dec. 19 Jay H: Dec. 20 Alicia G: Dec. 21

- Those born in December are Sagittarius (Nov. 22-Dec 21) or Capricorn (Dec. 22-Jan. 19).
- Their birthstone is Turquoise, zircon, or tanzanite
- Their birth flower is Narcissus or Holly. Narcissus symbolizes rebirth and respect.

December 2020 Highlights

December observes Handwashing Awareness, Food Service Safety, and Older Drivers' Safety. It celebrates Bingo, pears, writing to friends, spiritual literacy, root veggies, and exotic fruits!

- 01 Eat a Red Apple Day; Pie Day 02 Mutt Day; Fritters Day 03 UN's Day of Persons w/ Disabilities 04 Sock Day; Dice Day 05 Earmuff Day; Volunteer Day 06 Gazpacho Day; Microwave Day 07 Cotton Candy Day 08 Time Traveler Day; Brownie Day **09** Pastry Day **10 Chanukah Begins; Nobel Prize Day** 11 Noodle Ring Day; App Day **12 Gingerbread House Day 13** Cocoa Day; Violin Day **14** Bouillabaisse Fish Stew Day **15 Cupcake Day; Wear Pearls Day 16 Chocolate Covered Day**
- 17 Maple Syrup Day; Wright Brothers Day
 18 Twin Day; Ugly Christmas Sweater Day
 19 Oatmeal Muffin Day; Hard Candy Day
 20 Sangria Day
 21 Winter Solstice; Crossword Puzzle Day
 22 Date Nut Bread Day
 23 Pfeffernuse Cookie Day; Forefathers Day
 24 Christmas Eve; Eggnog Day
 25 Christmas Day; Pumpkin Pie Day
 26 Kwanzaa starts; Candy Cane Day
 27 Fruitcake Day
 28 Card Playing Day; Short Film Day
 29 Pepper Pot Day
 30 Bacon Day
 31 New Year's Eve; Champagne Day

Regarding Covid-19: Resident and staff safety and comfort remains our number one priority during the Coronavirus cases that have happened nationwide. It is important to communicate our plans to mitigate risk in our community. We are following mandated health guidelines. All activities are subject to cancellation per those current guidelines. To read our measures taken, and our current visitor policy, please visit our website.







Meet Maria! Maria has worked for Farmington Square for 20 years. Maria enjoys working with her co workers, but most importantly she loves taking care of her residents and being there for them when they need her. Maria is grateful to their families for entrusting her to care for their loved ones. Maria said that Farmington Square feels like one great big family! Thank you for all you do, Maria!

Resident Spotlight: Deborah

Meet Deborah! Deborah has made Farmington Square her home for the past year. Before retiring, Deborah was in the Air Force!

Deborah loves horses and owned horses before moving to Farmington. She also loves to go for walks and listen to music.

We're so happy to have you here at Farmington Square, Deborah!

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